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metroNEWS



'The sharing has to start'

ASYLUM SEEKERS

Premier says Ottawa mum on request for refugee aid

Prime Minister Justin Trudeau has yet to respond to Manitoba's call for help in dealing with an influx of asylum seekers crossing the border from the United States, Premier Brian Pallister said Thursday.

Pallister said he wrote to Trudeau more than a week ago to ask for money for housing, welfare, language training, legal aid and other services for border-crossers.

"We have limited resources like, frankly, all provinces, but more so because of the financial situation we've inherited. And it is unfair to stand by and watch ... while others are doing the heavy lifting," Pallister said.

"We're proud to be part of Team Canada but we need the

federal government to step up and do its job."

Pallister also wants Trudeau to call U.S. President Donald Trump "to be sure that he understands the circumstances and the danger of the situation."

The small community of Emerson, Man., has seen a sharp increase in the number of people walking over from the United States in recent months, but not at official border posts. Many of them are originally from African nations who fear deportation from the U.S. under a new immigration crackdown.

Pallister said his government needs help, because it is already looking at millions of extra dollars in support services costs, and the number of refugee claimants could grow as the weather warms up.

"These are real people with real needs, and a real cost is being incurred, and the sharing has to start very, very soon here." THE CANADIAN PRESS



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Stories that are hard to hear

REPORT

Homeless women subject of new think-tank study



Amid the bustle of Siloam Mission's lunch hour rush Thursday, a 55-year-old woman explained how she found a "great big lump" on her breast and why she doesn't want to get it checked by a doctor yet.

"I want to get a place," said the woman, who asked to remain anonymous.

She left her home in southern Ontario seven months ago and moved to Winnipeg, out of fear for her personal safety.

"You can't go see doctors and then come back in here (to the shelter) and try to maintain your composure," she said over coffee. "Because people feed off weakness."

"This is no place to get the news, 'You have cancer. You have to go through chemo,'" she said. "I need a place."

Her emotional story shared elements with many profiled in a new report released by the Manitoba office of the Canadian Centre for Policy Alternatives this week.

Finding Her Home: A Gender-Based Analysis of the Homelessness Crisis in Winnipeg was co-written by com-

You can't act timid here. Even outside walking, you've got to walk like you own the street.

Woman who formerly lived at Siloam Mission

munity researchers Jenna Drabble and Sadie McInnes.

Based on 30 interviews with women who experienced homelessness, the study details how some felt unsafe in the city's shelter system and can't always access women's-only accommodations.

In Winnipeg, homeless women need to be fleeing domestic abuse or have children in their care to access most women's-only shelter spaces, said Drabble.

"A lot of women are trying to escape violence, but if it's

not classified as domestic violence, then you can't access a domestic violence shelter," Drabble said.

And if you don't have kids, "it's like you don't exist," said the 55-year-old woman.

Al Foster, Siloam Mission's communications manager, said the shelter has worked to make its women's wing of 30 beds feel safer for clients, especially when securing the washroom and shower spaces.

The mission also has a women's group and individual counselling available, he

said.

In her study, Drabble recommended the government fund more units of affordable housing for women and that community agencies develop a female-focused plan to ending homelessness.

"We're saying that women are uniquely marginalized and vulnerable. And when we understand and incorporate those experiences into the way that we develop policy and programs, it creates better outcomes for everybody," Drabble said.

A retired 66-year-old woman who previously lived at Siloam (and asked not to be identified) said she found a safe haven just off Main Street.

After four years spent couch surfing between relatives' homes, she moved into a hotel on Higgins Ave. two months ago.

"I think the government should be putting women up in hotels, providing women with instruments for cooking," she said. "I'm self-efficient in there and I can buy 15 pounds of potatoes to last me for two months."

She largely comes to Siloam to socialize, she said. Her hotel is full of senior citizens who are very quiet.

"And they're all in the same boat as me — owing Revenue Canada. They rob us 'til we're gone," the woman said.

Both homeless women Metro spoke to walked with canes. The second woman said she used hers for multiple purposes.

"You can't act timid here. Even outside walking, you've got to walk like you own the street. You've got to walk with your head high and very alert," she said, motioning to her cane. "I'm not scared to walk at night."

The themes of "strength and resilience" came up again and again while compiling testimonies for the CCPA study, Drabble said.

"They're really hard stories to hear and it's really unfortunate that women are placed in the position that they're



SOURCE: WINNIPEG STREET CENSUS 2015

put in where they have to just basically rely on themselves," Drabble said. "You have to be extremely resourceful and extremely brave in order to survive."

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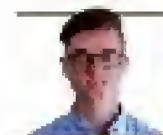
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HUDSON'S BAY

WILDLIFE

Geese fly home early



Braeden Jones
Metro | Winnipeg

Extreme temperatures have defied weather norms this winter, but few animals were as affected as Canadian geese.

According to Jacques Bourgeois, a spokesperson for Oak Hammock Marsh — where many geese make their seasonal homes — the Canadian birds left later and returned sooner this winter.

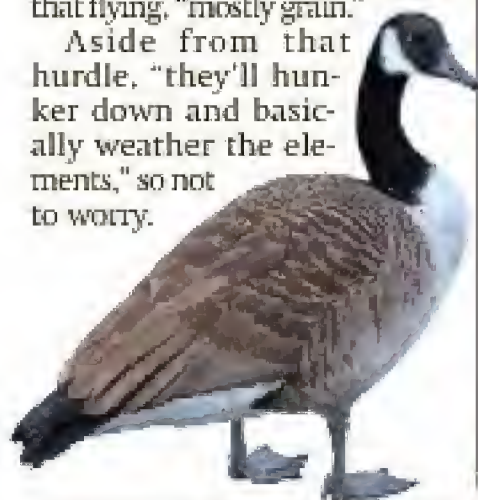
"Basically geese were spotted still around Dec. 9 on the marsh, which is the latest we've seen them," Bourgeois said.

Most of the geese nesting in this region make the 870 km flight to Rochester, Minnesota and are on "vacation" until mid-March. But this year, a warm pressure system near the end of February brought a faux spring into southern Manitoba, signalling to the geese that it was time to return.

Wind chill has brought temperature back down to typical sub -30 C lows, but Bourgeois said the geese are "weather equipped" birds, and should be fine.

"The biggest challenge right now is for them to find some food and water," he said, explaining how the frozen ground makes it tough to dig up high-energy food they need after all of that flying, "mostly grain."

Aside from that hurdle, "they'll hunker down and basically weather the elements," so not to worry.



First contestant steps up in NDP leadership race

POLITICS

Pride parade organizer Michelle McHale to submit bid

The Manitoba NDP leadership race is set to get its first contestant Friday.

Michelle McHale is launching her leadership bid at a small theatre a short distance across the river from the legislature.

McHale has never held elected office, but gained national prominence last year when she organized a pride parade in Manitoba's

so-called Bible Belt.

The NDP are set to elect a new leader in September, after losing last year's election to the Progressive Conservatives and seeing former premier Greg Selinger step down from the party helm.

Party delegates will meet later this month to hammer out rules for the leadership race, and there are no other contestants so far.

When asked whether she has secured any support from big names within the party, McHale said she is not looking for any such backing right now.

"I've been having conversations with a number of people,



At this time, I'm not looking for endorsements.

Michelle McHale

including a number of caucus members," McHale said Wednesday night. "But at this time, I'm not looking for endorsements. I'm just looking to say 'hey, I think that the skill set that you're looking for, I possess.'"

McHale is a staff representative with the United Food and Commercial Workers union and sits on the executive of the Manitoba Federation of Labour.

If she wins the leadership, she will take over a party that has struggled to raise money and

maintain caucus unity.

Interim leader Flor Marecelino told party faithful in November that the party remains divided following an internal revolt against Selinger in 2014.

The party also lost two of its 14 seats in recent months.

Kevin Chief resigned to take a job in the private sector, and Mohinder Saran was ousted from caucus after being accused of sexually harassing a subordinate — an accusation Saran denied.

Two other New Democrats

have said they are considering a leadership bid — rookie caucus members Wab Kinew and Nahanni Fontaine.

Kinew said Wednesday night he will not be endorsing McHale at her launch, and is actively working to put together his own leadership bid.

"I'm reaching out to people that I would want to work with me, to form my team. And depending on whether I can build my dream team — that will go a long way to determining whether or not I go for it," he said.

"I think that practicality dictates making a decision soon."

THE CANADIAN PRESS



Michelle McHale, an organizer of the first Pride march in Steinbach, Manitoba will launch her NDP leadership bid Friday. THE CANADIAN PRESS/TREVOR HAGAN

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Master Cpl. Alfred Barr was a member of 435 Transport and Rescue Squadron at 17 Wing in Winnipeg. THE CANADIAN PRESS

Investigation into death

CANADIAN FORCES

Questions asked after parachute failed to open

The military says a search-and-rescue technician who died in a training accident in Saskatchewan had a parachute malfunction.

Master Cpl. Alfred Barr was a member of 435 Transport and Rescue Squadron at 17 Wing in Winnipeg.

The Royal Canadian Air Force says his death Wednesday is under investigation and the military has more questions than answers about what happened.

"We need to set search-and-rescue technicians up for success by giving them demanding and challenging training environments," Lt.-Col. Kevin Kozak, Barr's squadron commander, said Wednesday in Winnipeg.

"Yesterday was just another routine training day. They were operating in the vicinity of Yorkton, Sask., and during a parachute drop — unfortunately there was a malfunction of some sort and Master Cpl. Alfred Barr did not survive."

Barr, originally from Lethbridge, Alta., joined the military in 2009, but had just graduated from the search-and-rescue training course in June.

The military said Barr's comrades were grieving the loss of a friend and member of a small, tight-knit group of highly trained rescuers known as "SAR Techs."

Col. Andy Cook, commander of 17 Wing, said Barr, 31, died while honing the skills SAR Techs use to find and save people in dangerous situations, sometimes under extreme conditions.

Cook said the military will use any lessons learned from the investigation to improve training to prevent similar deaths.

More than 1,000 people posted messages on social media sites after the accident.

Kan Zilla said Barr was one of the nicest people she knew in the military.

"I never heard him lose his cool over little things," Zilla wrote. "I'm proud to have known him, served with him. He was an inspiration and will remain that way for me."

Cathay Wagantall, the MP for Yorkton-Melville, expressed her condolences to Barr's family and friends with a statement in the House of Commons.

A video of Barr's graduation ceremony last June from the gruelling SAR Tech training program shows him proudly marching up to senior officers to receive his wings and orange-coloured beret — symbols that he had become a para-rescue specialist.

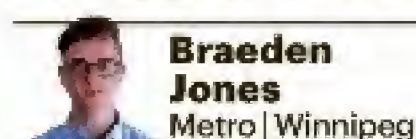
On his Facebook page, Barr acknowledged being part of a rescue mission that saved a family of four adrift overnight in Hudson Bay last summer.

The military says only about a dozen to 16 people are selected each year from many applications to take the 11-month SAR Tech course.

THE CANADIAN PRESS

TRANSPORTATION

Centre to host 'future of commuting' talk



Braeden Jones
Metro | Winnipeg

The future of workplace commuting involves more people traveling to and from work by bike, transit on foot... ideally anyway but alone in the car.

That's why the Green Action Centre (GAC) is hosting a forum on the subject with employers on March 15, to get them thinking about that, according to Mel Marginet, who focuses on workplace

commuter options for the GAC.

"For us, we're thinking about reducing drive-alone time," she said, explaining how there's a slew of unsustainable costs and environmental detriments associated with single-occupant vehicle use.

Besides pollution and traffic congestion, "driving is subsidized the most by tax payers," Marginet explained, "versus transit which is taxed lower, and cycling and walking which has net benefit."

The "drive-alone commuter"

costs his fellow citizen more, does more harm to the environment, and has a higher overhead than a coworker traveling to work by other means.

Marginet said targeting business with that kind of messaging makes sense because employers have a hand in providing or incentivizing alternatives.

For instance, if an employer has a certain number of parking spots there's a snow-clearing budget associated with that — converting a few spots to caged,

locked bicycle parking gives workers an alternative to driving and reduces that cost slightly.

"Or maybe charge a parking fee, maybe there's a small cost for parking but you're going to subsidize transit passes (for workers)," Marginet said.

In order to lead the discussion March 15, the GAC has invited Kelly Brough, CEO of the Denver Metro Chamber of Commerce to speak to that city's success in offering healthy transportation options.

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THINGS TO DO IN WINNIPEG THIS WEEKEND

Run away with the circus (sorta) or glide around with the mayor.

MICHELLE BAILEY FOR METRO

② Ice time with the mayor

Think you can skate circles around Winnipeg Mayor Brian Bowman? Then take your best shot on Saturday, March 11 from 1 p.m. to 2 p.m. at the St. James Civic Centre, 2055 Ness Ave. The city's Grand Poobah will be strapping on his blades for the first ever "Skate with the Mayor." Admission is free, but donations of food for Winnipeg Harvest will be accepted. Important noggin note: You can't skate if you don't wear a helmet.

③ Clowning around

The circus is coming! The circus is coming! Be amazed by amateur and professional hula hoopers, jugglers, unicyclists and contortionists as the Winnipeg Circus Club puts on its 5th annual fundraising showcase Sunday, March 12 at 3 p.m. Admission is \$10 for the two-hour performance which will be at Jubilee Place, 173 Talbot Ave. Proceeds from the show keep this non-profit club operating.

④ A look inside a safe haven

Chances are, you've heard of the great work being done at Winnipeg's Siloam Mission. If you want to learn more about the shelter that provides services to the homeless, you can tour the facility at their Spring Open House, Saturday, March 11 from 10 a.m. to 4 p.m. at 300 Princess St. See where donation dollars go to help those in need. Free parking is available.

⑤ Beer and budding writers

Red River College Creative Communications student Matt Abra is hosting Authors and Alcohol at the King's Head Pub, 120 King St. on Saturday, March 11 at 7 p.m. to launch his second book, Peeps, about a guy named Jasper who frequents a restaurant tailored to people-watching. Not only will you get to hear Abra read a few passages while you sip a brew, other CreComm students will have their published literary creations on display and for sale.

① And now for something completely different...

The 8th annual Cluster New Music and Integrated Arts Festival gets underway Friday, March 10 and runs until Saturday, March 18. The theme this year is memories: pre- and post-Internet (how did we ever survive?), analog and digital. The eclectic festival takes place in venues throughout Winnipeg's downtown, and kicks off Friday at the Rachel Browne Theatre, 211 Bannatyne Ave. with Training is the Opposite, in which a singer performs a virtuosic boxing routine on stage to the tune of a string quartet. For festival and ticket info go to www.clusterfestival.com



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CEMETERY

Tour guide gets into spirits



Michelle Bailey
For Metro | Winnipeg

When Kristen Verin-Treusch started hosting tours of heritage buildings and sites in Winnipeg 10 years ago, she didn't believe in ghosts.

That is, until the owner of SquarePeg Tours was apparently approached by one.

She said it happened in the Elmwood Cemetery as she was guiding a group through the graveyard.

"I was standing beside the grave of a little boy who died many years ago," Verin-Treusch said. "And I suddenly felt really bizarre. It was an unexplainable experience. I knew there was a spirit around me which was odd because I was a skeptic."

Verin-Treusch talked to a medium about what had hap-

pened. After doing some research that led her to stories about paranormal activity reported in a number of Winnipeg haunts, the focus of her touring business shifted.

You could say she got into the "spirit" of things.

"I started taking people on tours of places like St. Boniface Museum and, of course, the Fort Garry Hotel. I have my guests, not me, use a metal dowsing rod (which acts as a conductor of hidden energy sources) to see who's around."

On March 16, Verin-Treusch will host the first ghost hunt of the season at the Fort Garry. She said there are a number of notorious ghosts who call the 104-year-old hotel home, including the "Phantom Diner" who hangs out in the Broadway Room.

Probably the most famous spirit in Manitoba is the lady of room 202 known as Kate.

"Kate tends to gravitate to women in their twenties, particularly if they're getting married or were recently married. That's because the story about her is she was strangled by her soon-to-be father-in-law who didn't want her to marry his son."

Verin-Treusch points out Kate was not murdered at the Fort Garry. Her body? Never found.

"Kate's a very sad ghost who means no harm. Some people intentionally book that room to see if she comes to visit, and others want nothing to do with it."

She said at least Kate is a thoughtful spirit, unlike a swaggering voyager who used to frequent the St. Boniface Museum.

"He had a habit of pinching women's bottoms during our tours. I finally told him to get lost," Verin-Treusch laughs. "He must have listened because we haven't picked up on him in a few years."

IN BRIEF

Province pays man's U.S. emergency medical bills

The Manitoba government has paid a \$118,000 US medical bill for a man's emergency treatment in the U.S.

Robin Milne, who is 60,

cried tears of joy after coming out of a meeting with Health Minister Kelvin Goertzen, who informed him that the entire bill has been taken care of. He said Thursday this is a tremendous weight off of

him. Milne — who lives a few kilometres from the Canada-U.S. border — had a heart attack in October 2016 and went to the closest hospital emergency room, which is in Minnesota.

THE CANADIAN PRESS



“Playing the Winnipeg Folk Festival as a Winnipegger is one of the highest callings. It’s better than Christmas.”

Joey Landreth

Joey Landreth has struck out on his own with a new solo album. TORSTAR NEWS SERVICE FILE

Lineup revealed for folk festival

MUSIC

Feist headlines event featuring City and Colour, The Shins



Jessica Botelho-Urbanski
For Metro | Winnipeg

Folkies, start counting your blessings.

The famed enumerator Feist will be headlining the 44th annual Winnipeg Folk Festival, along with some other perennial Canadian favourites, including the Barenaked Ladies, City and Colour and Bruce Cockburn.

American artists The Shins and Brandi Carlile are also on deck, along with hometown heroes John K. Samson and the Winter Wheat, Begonia and Joey Landreth.

The full lineup was revealed online and at The

Good Will Social Club on Thursday where Landreth took the stage for a preview of what’s to come at this year’s fest, happening July 6 to 9 at Birds Hill Provincial Park.

“Playing the Winnipeg Folk Festival as a Winnipegger is one of the highest callings,” Landreth said. “It’s better than Christmas.”

Artistic director Chris Frayer said music fans can expect a distinctly Canadian lineup from the festival this year, with 40 workshops and 70 concerts over the four-day stretch.

“I think we get swept up in a lot of the American music that we love and we are a definitively Canadian festival. So I wanted to get some of the bigger Canadian names,” he said. “And I always want to bring in a couple U.S. names that haven’t played Winnipeg before.”

The non-profit also revealed its new logo design, which will certainly be bran-



James Mercer, Yuuki Matthews, Jessica Dobson, Richard Swift and Joe Plummer from the band The Shins. CONTRIBUTED

dishing mugs, tees and caps around Winnipeg for decades to come. It’s a blue and orange banjo number this year, sketched over a sprawling prairie.

Single-day tickets or four-day festival passes are available through the Folk Fest website and through their office at 208-211 Bannatyne Ave.

For the full list of performers, hop online to winnipeg-folkfestival.ca/folk-fest/performers.



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The Power to Surprise

'Knees together' judge steps down after rebuke

COURT

Judicial council recommended Robin Camp be removed

A judge who asked a sexual assault complainant in a trial why she couldn't keep her knees together quit Thursday after a scathing rebuke from the body that oversees the Canadian judiciary.

In a statement distributed by his lawyer, Justice Robin Camp said he would step down as a member of the Federal Court effective Friday.

"I would like to express my sincere apology to everyone who was hurt by my comments," Camp said in the statement. "I thank everyone who was generous and kind to me and my family in the last 15 months, particularly my legal team."

The move came after the Canadian Judicial Council recommended that Camp be re-



Federal Court Justice Robin Camp leaves a Canadian Judicial Council inquiry in Calgary, Sept. 9, 2016. Camp said he would step down as a member of the Federal Court. THE CANADIAN PRESS

moved from the bench, because his conduct was "manifestly and profoundly destructive" to the impartiality and integrity of the judiciary. The council's decision supported a recommendation in November by a disciplinary panel that was reviewing the original sexual assault trial of Alexander Wagar.

Court transcripts from the 2014 trial in Calgary show that Camp called the complainant "the accused" numerous times and told her "pain and sex sometimes go together." He questioned the complainant's morals and suggested her attempts to fight off the man were feeble.

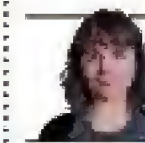
Camp found Wagar not guilty,

but the Appeal Court ordered a new trial. Last month, Wagar was acquitted again.

The council said that Canadians expect their judges to know the law, have empathy and to recognize and question any past personal attitudes that might prevent them from acting fairly. THE CANADIAN PRESS

HALIFAX

Surge in sexual assault victims seeking help



Yvette d'Entremont
Metro | Halifax

Halifax's Avalon Sexual Assault Centre has experienced a surge in calls this past week, and employees are hoping it highlights the urgent need for funding of their services.

"In particular since Tuesday, we have seen an increase in people contacting us," said the centre's executive director, Jackie Stevens. "Some people are looking for counselling services, and we have a lot of people from the general public who are just calling to seek clarification around laws or to understand what's going on or who are wanting to show support."

"We have people calling about how they can help in terms of volunteering," Stevens said.

"We've had requests from people who want to do placements, and we've had a number of people looking for legal support and advocacy and sharing their stories because they're aware people have taken action around this situation and so they're reaching out."

Judge Gregory Lenehan's

handling of cab driver Bassam Al-Rawi's case last week and his comments that "clearly, a drunk can consent" resulted in nationwide condemnation, protests and petitions. Earlier this week the Crown said it will appeal the cab driver's acquittal.

"These kinds of high profile cases do validate people's experiences when they see that the general public is rallying and speaking out for changes to the laws or questioning what is happening and how people are being treated," Stevens said.

"It does make (victims) feel believed and supported and so they do reach out for services ... What's really important is that services across the province that currently exist are sustained."

Stevens said Avalon and other centres offering similar services in Nova Scotia struggle on limited funding. With increased demand on their services, and demand for additional services, she's hoping for more funding.

Despite the struggle to provide services to an ever-increasing population of clients seeking their help, Stevens said they don't want victims to ever hesitate to access the resources available.



INDIGENOUS AWARENESS WEEK

Exploring Indigenous Identity MARCH 20-24

Monday, March 20 | Elders and Traditional Peoples Gathering

8:30 a.m. – 4:30 p.m. Migizii Agamik – Foyer

Tuesday, March 21 | Defining Culture

9 a.m. – 11:30 a.m. Senate Chambers, E3-262 EITC

Speaker: Dr. Martin Brokenleg

Wednesday, March 22 | Reclaiming Identity

All events at 224 University Centre

10:30 a.m. – 11:30 a.m. *Red Rising Magazine*

11:30 a.m. – 12:30 p.m. Free lunch

12:30 p.m. – 2 p.m. *Awina kiya! Indigenous Identity in the Millennium*

Speaker: Dr. Raven Sinclair

Thursday, March 23 | Indigenous Identity in the Academy

10 a.m. – 11 a.m. National Centre for Truth and Reconciliation Archives and Identity

1 p.m. – 2:30 p.m. 224 University Centre

Where Métis Identity and Scholarship Intersect

Speaker: Dr. Adam Gaudry

Friday, March 24 | Celebrating the Next Generation

9:30 a.m. – 11 a.m. 409 Tier Building

Indigenous Graduate Student Research

2 p.m. – 4 p.m. Marshall McLuhan Hall, 204 University Centre

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'My daughter in every way'

IMMIGRATION

Refugee trying to reunite with daughter left behind in China

In the early morning of March 28, 1997, Zuan Zhong and his wife heard crying at their doorway and found a baby girl in a red jumpsuit in a basket.

A red slip tucked under the newborn stated the baby's birth date and begged the family to look after the girl like their own because her biological parents could not afford to have another child in the household under China's then one-child policy.

The couple took the girl in, named her Shanrong and raised her without telling her she had been abandoned.

"I picked up the baby and she immediately stopped crying. It's a new life in my hand and I couldn't abandon her again," said Zhong, 45, now a Toronto resident. "Although we are not related by blood, she is my daughter in every way, in my flesh. She is an inseparable



China strictly controlled reproduction under its former one-child limit per couple policy. Immigration officials are not allowing a girl who was abandoned and raised by another family to reunite with her father in Canada, as they are not biologically related. TORSTAR NEWS SERVICE

part of the family."

However, Shanrong, now 20, is not part of the family according to Canadian immigration officials at the Hong Kong visa post, which refused to let the girl join him in Canada because a DNA test showed they're not biologically related.

Despite stacks of family photos since Shanrong was a

baby, her school records and personal ID listing the couple as her parents, the Immigration Department refused to reconsider the decision.

"A family cannot be just defined by your DNA," said lawyer Avvy Go of the Metro Toronto Chinese and Southeast Asian Legal Clinic, who successfully appealed against the visa offi-

cer's decision.

Zhong, a Catholic, fled China to Canada seven years ago and was granted asylum in 2013 on the grounds of religious persecution. He applied for permanent resident status the same year and included his wife and Shanrong as family members in the application.

In rejecting the visa post's

"A family cannot be just defined by your DNA."

Avvy Go

decision, Federal Court Justice Keith Boswell said the officer had overlooked a Chinese government's certificate about the couple's relationship with the girl. "It unequivocally states that: the applicant was abandoned; has been living with Mr. Zhong and (his wife) since she was found; is a registered member in the household; and is in a de facto adoptive family relationship."

Zhong, who has not seen his wife and daughter since he fled China in 2010, was thrilled with the news but wonders how much longer it will take for his family to join him in Canada.

"The court has given us a new ray of hope, but there is still no guarantee the next visa officer will let Shanrong come," said Zhong. Both Zhong and Go hope the Immigration Department can fast-track the case.

TORSTAR NEWS SERVICE

MONTREAL

President of Cora restaurants kidnapped

A man kidnapped at gunpoint under mysterious circumstances from his home near Montreal and later released is the president of the Cora breakfast restaurant chain, the company confirmed Thursday.

Nicholas Tsoufidis was nabbed Wednesday night in Mirabel, north of Montreal.

A passerby found the bound businessman in a ditch in Laval.

The witness told Montreal radio station 98.5 FM the victim didn't appear to know where he was and repeatedly stated he'd been kidnapped.

Quebec provincial police spokesman Sgt. Claude Denis said the victim was taken to hospital as a preventive measure.

Lucie Normandin, vice-president of the Cora Group, said it will be up to police to determine why Tsoufidis, 44, was kidnapped.

"Nicholas is fine," Normandin, adding she'd just spoken to him. "Like the news said, he was kidnapped and he was released. Someone found him."

THE CANADIAN PRESS

EDMONTON

Suspect in crowbar attack charged



Matt Kieltyka
Metro | Edmonton

The man accused of assaulting a woman with a crowbar, breaking both her arms, in a road rage incident Tuesday has been charged with attempted murder.

Edmonton police announced

Thursday that a suspect, 28-year-old Jared Matthew Eliasson, has been arrested and faces several charges, including attempt to commit murder, possessing an offensive weapon dangerous to the public and aggravated assault.

He remains in custody.

The woman, 34, was driving when she approached a silver Pontiac Wave stopped in the

eastbound lane, according to a release. It is alleged the suspect vehicle followed her to a nearby residential address. When she stopped and exited her car, the male suspect ran up to her and struck both her arms with a crowbar.

The victim required surgery from her extensive injuries and she is still recovering.

150 WAYS of looking at Canada

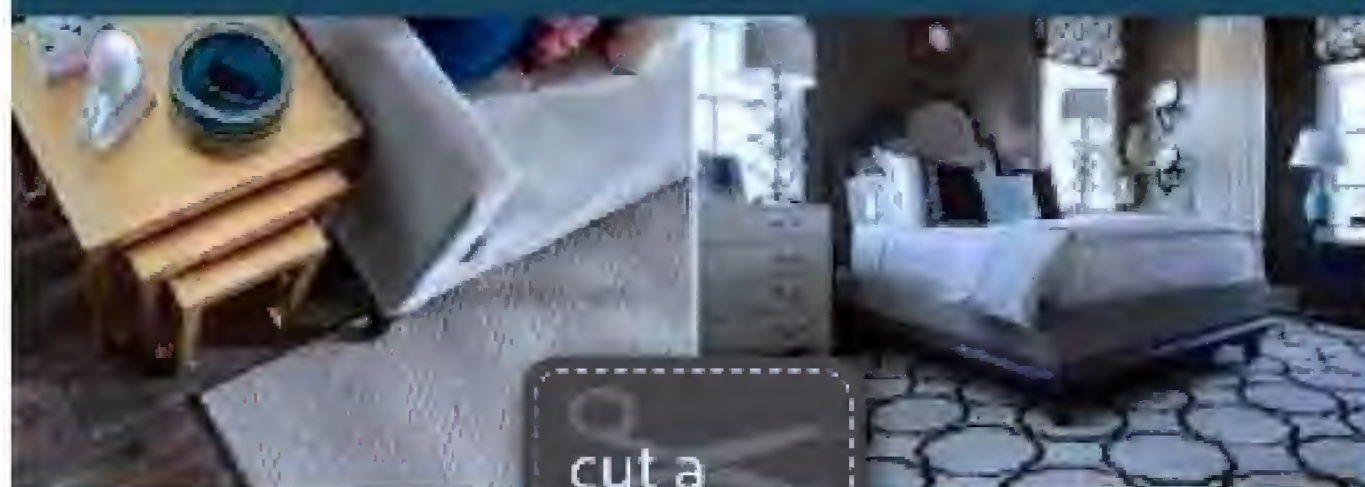


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FULL 2017 WINNIPEG FOLK FEST LINEUP INSIDE!

GOP versus Obamacare

MEDICAL AID

Big differences between new health care bill, previous laws

At first glance, the health care bill from House Republicans appears to have similarities to the Obama-era law, such as tax credits, protections for people with health problems and the ability of parents to keep young adults on their insurance.

But in most cases, those components would work very differently under the GOP framework than is now the case with the Affordable Care Act.

Important details about the Republican plan are unknown, including cost and coverage. Here's a look at the current law and the GOP's plan:

1 COVERAGE

Current law: About 11 million people are covered by expanded Medicaid in the 31 states that accepted it. Nationwide, an additional 12 million buy private health insurance



House Speaker Paul Ryan uses charts and graphs to make his case for the GOP's long-awaited plan to repeal and replace the Affordable Care Act, Thursday, during a news conference on Capitol Hill in Washington, DC. THE ASSOCIATED PRESS

through government-sponsored markets that offer plans with subsidized premiums. The national uninsured rate is below 9 per cent, a historic low.

GOP bill: Extent of coverage is unknown, as is the impact on the uninsured rate.

2 PRIVATE COVERAGE

Current law: Provides income-based tax credits for consumers buying government-regulated plans through HealthCare.gov and state insurance markets. The most generous assistance goes to people with low-to-modest incomes. Many solid

middle-class households get no help despite sharp increases in premiums.

GOP bill: Provides tax credits primarily based on age, gradually phasing down for individuals making more than \$75,000, or married couples earning more than \$150,000.

Credits can be used to buy any state-licensed health plan. More middle-class consumers will benefit, but there's concern lower-income people would be disadvantaged.

3 COST

Current law: Coverage costs of about \$1.4 trillion from 2017-2026, based on Congressional Budget Office estimates.

GOP bill: Unknown at this time; Republican aides say CBO numbers are coming.

4 PRE-EXISTING CONDITIONS

Current law: Forbids insurers from turning people down on account of medical problems, or charging them more money.

GOP bill: Provides protection for people with health problems. But consumers who have not maintained continuous insurance coverage face a 30 per cent premium penalty for a year. States can use federal funds to set up high-risk pools as insurers of last resort.

THE ASSOCIATED PRESS

TRAVEL

New ban faces legal challenge

Legal challenges against U.S. President Donald Trump's revised travel ban mounted Thursday as Washington state said it would renew its request to block the executive order.

It came a day after Hawaii launched its own lawsuit, and Washington state Attorney General Bob Ferguson said both Oregon and New York had asked to join his state's legal action. Massachusetts Attorney General Maura Healey said the state is joining fellow states in challenging the revised travel ban.

Washington was the first state to sue over the original ban, which resulted in Judge James Robart in Seattle halting its implementation around the country.

Trump's revised ban bars new visas for people from six predominantly Muslim countries: Somalia, Iran, Syria, Sudan, Libya and Yemen. It also temporarily shuts down the U.S. refugee program.

Unlike the initial order, the new one says current visa holders won't be affected.

THE ASSOCIATED PRESS

Society's norms at risk in Trump's America

ROSEMARY WESTWOOD
From the U.S.



This week provided an excellent excuse to remember Donald Trump's egregious treatment of women. His pussy-grabbing claims and alleged sexual assaults. His attacks on women's looks. His indifference-turned-hostility to reproductive rights. His insistence that women in the military are to blame for their own sexual assaults.

Thank International

Women's Day for these helpful memory jolts, in case you'd forgotten it all amidst the political deluge, these 60-days of news cycles that feel as if we're living in a dump, staring up at the sky each morning wondering what stained mattress will fall next and how much it'll hurt.

Trump's election to the White House was a stunning example of the shredding of political norms in the U.S. — those guidelines of conduct and character that offered, at the very least, the facade of respectability. Norms that might not

keep behaviour in check, but which, when discovered to have been violated, could once still ruin a politician's career.

But what about societal norms? Pluralism and the idea that we treat everyone equally are at risk. We're seeing it the increased bomb threats against Jewish community centres in Canada and the U.S., and in threats against Muslim mosques. We're seeing it in the murder of Srinivas Kuchibhotla in Kansas by a white man who'd asked if he was in the U.S. illegally.

Then there's the bizarre stories of U.S. border guards adopting a Trumpian approach to their jobs, opting for antagonism and suspicion over routine guidelines for who should and shouldn't be let in: turning away a Canadian woman hoping for a spa day in the U.S., detaining an Australian and a French author for making routine trips to give speeches, and detaining a Sudanese green-card-holding grad student with handcuffs at JFK airport.

Much has been said of how Trump's new executive order

on immigration compares to the last, but that debate ignores the fundamental shift already in place, a shift away from dependable rules, and toward inexplicable randomness. Even my white, green-card holding Canadian friend is cancelling a trip back home this summer, because why risk being turned away at the border?

In his campaign, Trump used America First as an economic message (ignoring the slogan's anti-Semitic history). But it's being heard as a much broader call to arms against everything

and everyone perceived un-American. It carries the underlying arrogance that everyone who's not American wishes they were, de facto demonizing all travellers to the U.S., that race and religion are good indicators of what America looks like.

These ideologies are spreading from Trump outwards. They are emboldening prejudice. As worried as people may be about what kind of politics will survive this presidency, another crucial question to ask is, what kind of society?

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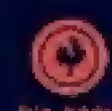


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metr SCIENCE

Your essential daily news

A new study concludes English spelling rules are more logical than once thought

DECODED by Genna Buck and Andrés Plana

SUCKER-PUNCHING SUPERBUGS

Here's a sentence you never want to hear in the hospital: 'It's a superbug, and we're out of drugs to try.' Especially after a sick loved one has suffered through round after round of antibiotics, with gruesome side effects but no improvement. Superbugs are bacterial infections impervious to our most powerful medications. And they're on the rise. But a team of researchers at McMaster University has found a glimmer of hope in the fight against them, thanks to a very old drug.

How did they do it?

By taking a moonshot. Dr. Eric Brown and his team tested 1,440 drugs with expired patents (read: cheap drugs) against three of the gnarliest superbugs, both in a dish in the lab and in living mice. They found one that worked: **pentamidine**, a drug used since the 1930s to fight parasites.

Who are the bacterial bad guys?

The treatment crushed two scary superbugs:

Acinetobacter baumannii causes wound infections, UTIs, blood poisoning, meningitis and pneumonia.

Enterobacteria, a large group that includes **serratia**, is a UTI and wound-infection causing bug that likes to grow in damp, wet places. Unfortunately, that includes medical devices like catheters.

It also showed some promise against **Pseudomonas aeruginosa**, which, among other things, causes pneumonia in people with cystic fibrosis.

Why did it work?

The three superbugs in this study all belong to a group called **gram-negative bacteria**, which have a tough outer shell. Because of that shell, few antibiotics work on them to begin with. So when they become antibiotic-resistant, it really spells trouble. The scientists found that pentamidine punches holes in bacteria's shells, so when it's given in combination with antibiotics — which normally wouldn't work — the superbugs didn't stand a chance.

So is the problem fixed?

Not even close. The drug combination will have side-effects, and it hasn't been tried in humans yet. However, Brown speculated that doctors might start trying pentamidine pretty soon: When you're dealing with a superbug, there's not a whole lot to lose.

FINDINGS

Your week in science



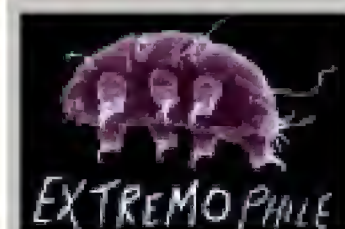
MONSTROUS CONTROVERSY

The ultra-weird Tully Monster didn't have a backbone, says a new paleontology paper. The authors of a 2016 study who thought they saw a spine were actually looking at a gut, the paper claims. The 300 million-year-old species looks like a cross between a lobster, hammerhead shark and worm.

TIMELESS MATTER

It's a mind-bending finding, confirmed by peer review: **Time crystals**, which vibrate without energy and have a structure that repeats itself in space and in time, are real.

SOUND SMART



DEFINITION

An **extremophile** is a living thing, usually a microorganism like bacteria, that has adapted to live in extreme conditions such as intense heat, acidity, cold or pressure.

USE IT IN A SENTENCE

Deborah likes to surf in hurricanes. You could say she's an extremophile, or possibly just nuts.

PHILOSOPHER CAT by Jason Logan

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CITIZEN SCIENTIST by Genna Buck

I've changed my mind: Aliens are awesome

Last month I went to the annual meeting of the American Association for the Advancement of science, a.k.a. the science fair of planet Earth. It was so literally awesome: It filled me with awe.

I went to a talk by Penelope Boston, head of astrobiology at NASA. She studies species that live in our most extreme environments, such as sulphur-spewing caves. Pretty crazy in Earth terms, but par for the course on other planets.

Everywhere she looks, there's life. Even deep inside rock for-

mations, where there are vast colonies of microbes that look like tiny cauliflower and cacti. They don't seem to share much DNA with any known life forms. Boston believes there's life on other planets, and it probably looks something like those rock critters.

The last time I wrote about aliens, I dismissed them as "looking something like pond scum."

I don't know where I got this "multi-cellular and sentient or BUST" attitude. Possibly from watching Space Jam one too

many times as a child. But the presentation helped me recognize it as prejudice. Alien microbes are not too small for me to care about; I'm too big and dumb to appreciate them.

Their existence raises huge issues. An upcoming NASA mission will look for life on Jupiter's watery moon Europa. And it's urgent that we plan what to do if we find it, Kevin Hand of NASA said.

Devastation reigned when humans decided it was a bright idea to mix micro-organisms from

different continents. What could happen if we brought European germs to Earth? Or the reverse? We could destroy an ecosystem before we get to study it. In Hand's words, "We must keep Europa for Europeans."

I never thought of that before. There's nothing better than thinking about something for the first time. That's awe. And the more time I spend hanging out with scientists, the more I get.

Science Question?

genna.buck@metronews.ca

ADVERTISER INQUIRIES
adinfo@innipeg@metronews.ca
General phone 204-943-9300



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History of an island fit for a king

IN FOCUS

Eight decades after first visit, we still don't belong there

Richard Crouse
For Metro Canada



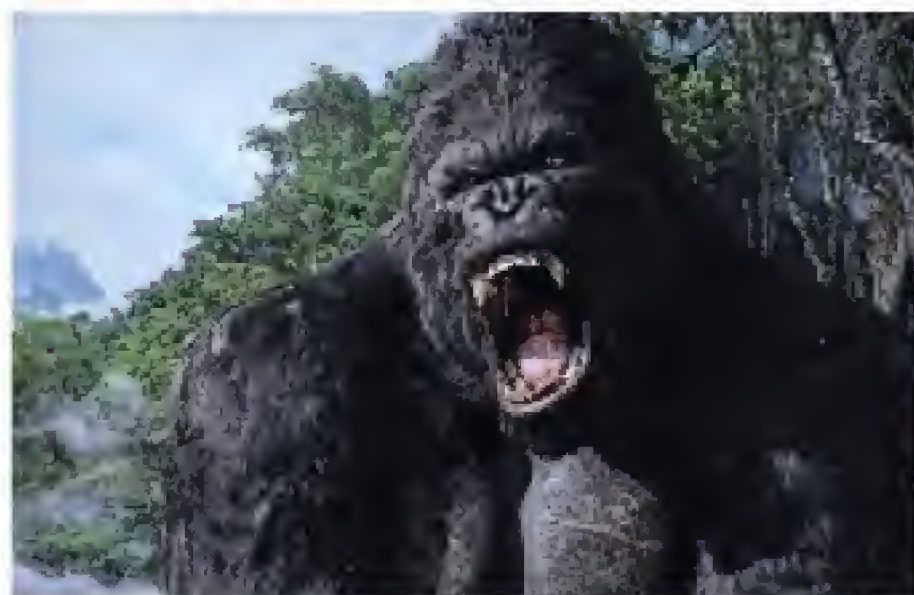
Only two things are sure about Skull Island. First, it is home to Megaprimatus kong a.k.a. King Kong and a menagerie of prehistoric creatures. Second, as Mason Weaver (Brie Larson) says in this weekend's Kong: Skull Island, "We don't belong here."

The latest adventures of King Kong take place almost entirely on the island but what, exactly, do we know about the place?

Not much, because Skull Island is uncharted and changes from film to film.

In the new movie, a digital map image suggests the island derived its intimidating name from its gorilla skull profile shape but originally the isle wasn't called Skull Island. The best-known versions of the Kong story, the original 1933 Merian C. Cooper film and the 1976 Dino De Laurentiis production, never mention Skull Island.

The first movie and its subsequent novelisation describe a "high wooded island with a skull-like knob" called Skull Mountain while the '76 film refers to Beach of the Skull. It wasn't until 2004's Kong: King of Skull Island illustrated



King Kong's island kingdom has had many names and been located all over the world over the years. HANDOUTS

novel that the name was first used. Since then the moniker has stuck.

The same can't be said for its location.

Over the years it's been pegged everywhere from the coast of Indonesia and southwest of Central America to the Bermuda Triangle and the Coral Sea off the east coast of Australia.

In reality many places have subbed in for the island. In

1933 several locations were pieced together to create Kong's home.

Outdoor scenes were shot at

Long Beach, California and the caves at Bronson Canyon near Griffith Park in Los Angeles. Everything else was filmed on a



MOVIE RATINGS by Richard Crouse

Kong: Skull Island ★★★★★
The Last Word ★★
Window Horses ★★★

HOW RATING WORKS

★★★★★ SEE IT
★★★★ WORTHWHILE
★★★ UP TO YOU
★ SKIP IT

serted. Arriving in four helicopters laden with equipment they were greeted by a honeymooning couple who, thinking they had the place to themselves, had slept nude on the beach.

The impressive stone arch seen in the film — "Beyond the arch, there is danger, there is Kong!" — was natural and so huge years later when an episode of Acapulco Heat was filmed there a helicopter flew underneath it.

Peter Jackson's 2005 King Kong reboot used a combination of New Zealand's picturesque Shelly Bay and Lyall Bay as Skull Island's "jungle from hell." In the film's closing credits the director paid tongue-in-cheek tribute to all the stars of the 1933 movie, calling them, "The original explorers of Skull Island."

This weekend's installment was shot in Vietnam, Queensland, Australia and Kualoa Ranch, Hawaii, where giant sets were built near where Jurassic World was filmed.

The scenery, as John Goodman's character says, is "magnificent," but there was also a practical reason to shoot in these exotic locations. The Hollywood Reporter stated the production shot in Australia to take advantage of a whopping 16.5% location offset incentive — i.e. tax break — offered by the Australian government.

Kong: Skull Island describes the isle as "a place where myth and science meet."

On film though, it's a spot where the imaginations of Kong fans run wild.

INTERVIEW

Russell relishes skate down memory lane

There was a time when an interview with Wyatt Russell would take place in a locker room, not a plush downtown Toronto hotel suite.

The Goon: Last of the Enforcers star not only plays a hockey player in the film, he was once a junior league goalie who says his first vivid memory was getting a pair of skates when he was just three years old. Hockey, he says, "was my love, my passion."

His promising athletic career was cut short by multiple concussions and an injury-plagued season in the Netherlands with

Groningen Grizzlies, but the thirty-year-old fell right back into rink life on his first day of shooting Goon.

"We were supposed to be getting off a bus after a game to meet our family members," he says. "I remember sitting down and being like, 'This is what I did.' It was actors acting, but I thought, 'I've done this. I've already done this.' I looked over to my left and they start filling in the bus with players that would fill out the team and there was a guy right next to me and I was like, 'Dylan?'"

"I had played with him for a

little while in Brampton. After that moment it became really easy and fun to slip back into hockey and hockey terminology. It's a world. It was what I wanted to do with my life."

The son of actors Goldie Hawn and Kurt Russell says he met many people like the violent enforcer Anders Cain he plays in the film. Cain doesn't love the game, he loves to win — a perspective that comes when players get jaded, Russell says.

"They have a lot of talent. They've had a lot of talent since they were kids and there has

been a lot of pressure put on them. For a lot of people there's a breaking point and the way that usually manifests itself is through self-destructive behaviour and they don't even know they're doing it."

It's not unlike showbiz.

"Every profession where people view it as larger than life," he says, "when you start to believe that it is larger than life and you are larger than life, is where I feel the downhill skid starts to happen."

"When you start to see yourself as more important than the world that's going on around



Wyatt Russell played for numerous amateur hockey teams and one pro outfit before quitting the sport. CONTRIBUTED

you."

He avoided those traps because, although he grew up in a show biz family, his parents were raised in "lower middle class American families that

lived in Maryland, Maine and Thousand Oaks. They didn't all the sudden forget that. That's not who they were or who their families were."

RICHARD CROUSE/METRO



Kevan Funk's drama *Hello Destroyer* has been nominated for four honours at this weekend's Canadian Screen Awards including best picture and best actor for Jared Abrahamson. CONTRIBUTED

Enforcing us to confront our bloodlust

INTERVIEW

Hello Destroyer tackles violence in hockey...and far beyond it

Steve Gow
For Metro Canada



The forthcoming sequel to *Goon* may be getting most of the attention, but there is another hockey movie hitting theatres — even if the filmmaker doesn't particularly want it defined as such.

"I just knew I wanted to look at violence in an institutionalized way and so I needed a big

organization," insisted Kevan Funk about his debut feature film, *Hello Destroyer*. "And hockey is the biggest cultural institution in this country."

The terse drama may be gaining praise for its honest portrayal of Canada's most popular game, but the tale of a young player whose grisly in-game act of violence sends his life into a tailspin is winning critics for its take on our relationship with aggression in sport.

"I make films that are meant to be divisive to some degree," admits Funk, acknowledging his drama may initially turn off the game's traditionalists. "(But) it's not an anti-hockey film. It's not even an anti-fighting film because it doesn't

really comment so much on the violence of the game as much as the institutionalization of that violence.

"Sure there's going to be people who take it at first glance and go 'f— this movie, you've got to keep fighting in the game' but that's not even the conversation we're having."

In that sense, Funk's use of hockey was admittedly a "red herring" intended to reach beyond the mere bloodlust of watching two enforcers eat each other's fists.

In fact, that astute insight has afforded *Hello Destroyer* and Funk no less than four nominations (including best picture) at this weekend's Canadian Screen Awards.

While the movie may be

a longshot, it's an incredible accomplishment for the Banff-bred filmmaker.

Also nominated is lead actor Jared Abrahamson (Netflix's *Travellers*) who has stuck by Funk ever since *Destroyer* began as a short film in 2013. Now with more than eight projects in the works and Hollywood success on the horizon, Abrahamson has extolled Funk for his forthcoming fame.

"A lot of my directing style has to do with giving actors space," admits Funk, shirking the credit. "I equate it to coaching in a way — you choose the best players for your team, you know what they can do (and) then create the best conditions which are best suited to those people."

BEHIND THE SCENES

Destroying the rest of the Competition

"The weird thing about the hockey movie as an entity is that most of the time, they have very little to say about hockey," said Kevan Funk. "Those films are so detached from any reality; they're just this very strange fantasy world."

Funk's Favorite Canuck Film

"Fubar has that badass unabashed boldness of being truly Canadian and I love that," said Funk of the cult-hit from *Goon*-director

Michael Dowse. "I want to see more of that across all genres."

The Uncredited Star

Shot primarily in Prince George, B.C., Funk insists the town played as much a character as the actors. "There's something about having the fabric of that place and your cast and crew living there that shows up on-screen in sometime intangible and invisible ways," said Funk. "But I think that are essential ways."

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Reilly: 'There's no future in war'

INTERVIEW

Versatile actor finds time to be philosophical on Skull Island

Actor John C. Reilly's castaway character in Kong: Skull Island, a scruffy longbeard named Hank Marlow, brings to mind Dennis Hopper's crazed jungle cameraman character in Apocalypse Now.

Hank also looks like how the Skipper from Gilligan's Island might appear after the proverbial "three-hour tour" turns into decades of being lost.

Such comparisons certainly apply, Reilly allows over the phone from a tour stop in London. But he suggests a left-field one he thinks is more on the money: the wily orphan girl Newt in Aliens, played by Carrie Henn, who helps Sigourney Weaver's Ripley fight deep space invaders.

"Like Newt, Hank is someone who's been left for dead who has survived somehow and who has been driven half crazy by the ex-

perience — but who is going to survive, no matter what," Reilly says. "Hank is also the character who gets to call out the elephant in the room (about the dangers of Skull Island). I love characters like that, those people who are apart from the rest of the group with a unique point of view."

The 51-year-old Reilly certainly hasn't gone unnoticed, in a 27-year screen career that has seen him do memorable characters both comic (Walk Hard) and serious (Magnolia, The Aviator).

You've done blockbusters before, but I'm guessing this one tested your ability to artistically stare up into the sky.

(Laughs) Yes, definitely! The effects guys would show us these little rough animations to give us an idea of what the actual action was that we're looking at, but that was nothing to seeing it for the first time on the screen. That's another fun thing about doing one of these effects-heavy movies. I get to be an audience member like everybody else! I've never seen it either! So when I sit down, it's a great



John C. Reilly says Kong: Skull Island director Jordan Vogt-Roberts gave him freedom to improvise. THE ASSOCIATED PRESS

surprise and a delight to me.

Were you delighted when you saw the finished version?

I've seen it twice and I was really relieved that it was so good, because you never know. These big-budget things

can oftentimes get off track and lose their way from start to finish. But this really held together in a way that surprised even me. I didn't realize the emotional resonance that Kong was going to have. That was something that was hard

to predict until you actually saw the finished creatures ... I showed the movie to a bunch of people I was working with when I first saw it, and it was unanimous, everyone was just walking out, being like, 'We've gotta save Kong!' I love this notion of balance in the world, how important balance is, and how we have to be careful about exerting our will and throwing off the balance of the natural world around us.

Are you thinking of this as being a message movie?

I think it's a message movie if you want it to be a message movie. The truth is, it's just a really fun movie. It's a popcorn movie; you get caught up in the excitement and the emotion. And then afterwards, like any good movie, it can resonate for you in your own life, which I think is a good thing. I think a lot of times people dismiss "popcorn movies" because they say, "Well, I walked out of there and I just didn't think about it again. It immediately left my mind when

I left the theatre." I think this movie has a little bit more going for it than that. I found myself thinking about how it related to my life, and how it related to the world.

The temptation might be to read Trumpian things into the film, even though it was made before Donald J. Trump was elected president.

I think that's our current obsession: reading Trumpian things into everything around us. I was reading Trumpian things into the World Series this year! But I think the themes of this movie are bigger than any kind of current political stuff. I think what we're talking about is the balance of the world, not just some political party or some election. We're talking about the bigger picture of things. The only way we're getting out of this world alive is if we all cooperate with each other, because there's no future in war. I think that's a pretty universal and non-partisan point of view.

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The great baseball tour

With one major league baseball team in Canada, when it comes to home plate pride, it's hard to root, root, root for Toronto's Rogers Centre. It is unbearably stuffy when the retractable roof is closed, the food and drink options are often overpriced and underwhelming, and, well, that whole beer-can throwing incident last season didn't help its rep. Fans don't hate the centre as much as, say, Barry Bonds, but it's a close call for many. Celebrate the arrival of spring with a road trip and visit these stadiums where taking in the ol' ballgame is always a homerun. **Melissa Dunne** FOR METRO

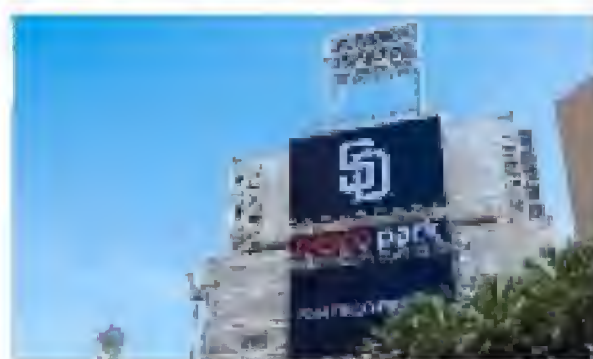


ALL PHOTOS: ISTOCK

CHICAGO

Wrigley Field

The Chicago Cubs broke a 108-year losing streak last fall, bringing the pennant back to Wrigley Field in Chicago's North Side. The famed stadium, built in 1914, is guaranteed to be buzzing with excitement this season. Soak in the beauty of the ivy-covered outfield walls while getting buzzed off a cup of local craft beer.



SAN DIEGO

Petco Park

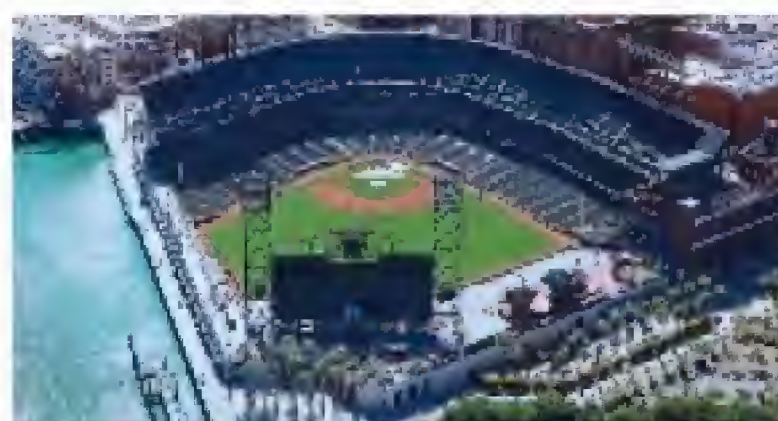
Take in a game with the San Diego Padres while soaking up the warm California sun shining down on you. The food here is said to be so-so. But what Petco Park lacks in culinary finesse it makes up for in craft beer. Make sure to make your way up to the fifth floor where local brewery, Stone Brewing Co., has a palm-tree adorned outdoor beer garden.



BALTIMORE

Oriole Park at Camden Yards

The home of the Baltimore Orioles is in the heart of this gritty city. The grub here is so good you'll be hoping for extra innings, just so you can go back for more. The stadium offers everything from tacos to pizza to a namesake-barbecue joint opened by former All-Star Boog Powell.



SAN FRANCISCO

AT&T Park

This park is also named after a telecom company, but that's where the similarities with Rogers Centre ends. The beloved home of the San Francisco Giants has a beautiful view of the city's bay. Don't leave without getting a selfie with the giant statue of a replica vintage 1927 four-fingered baseball mitt.



BOSTON

Fenway Park

You may want to leave your Jays jersey at home when you visit Major League Baseball's oldest stadium. Boston Red Sox fans are renowned for, er, being passionate, but it's worth the razzing to see the Green Monster in person. Find the energy to razz Sox fans right back with a Fenway Frank.

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Guiding Lonely Planet into the digital age

INTERVIEW

Houghton named CEO of popular travel guides at 24

Daniel Houghton was just 24 years old when he became CEO of Lonely Planet in 2013. Since then, he's restructured the company, expanded its digital presence and, to the surprise of many who feared he'd kill off Lonely Planet guidebooks, he's grown the print side of the business. The company now has 33 per cent of the guidebook market, its largest share ever. Houghton, now 28, starts his fourth year with the company in April.

Houghton's roots are in the South — he grew up outside Atlanta and holds a photojournalism degree from Western Kentucky University. But you could say travel is a family tradition: His parents worked for airlines and his grandparents toured the lower 48 states in an Airstream camper in the 1970s.

Houghton is based in Nashville, Tennessee, now, but last year he travelled some 150,000 miles for Lonely Planet, and the

year before that, 300,000 miles.

What are some of the changes at Lonely Planet since you took over?

We've completely rebuilt the entire digital platform along with a suite of mobile products. We've just really tried to expand our content coverage as much as possible: food, adventure travel, we've launched a whole line of kids' content.

'Travel is really much more than 'I'm about to go get on a very long-haul flight and take my guidebook.' That's obviously a very large part of our audience. ... But we've set the business up to reach people on as many platforms as we can. Whether they find something that we put on Instagram, or they see our magazine in the airport, or they visit our website because they Googled where to go in Italy and we're the No. 1 or 2 organic search result, we want to get that content in front of as many people as possible.

You were hired to run Lonely Planet by Brad Kelley, the billionaire who bought the company from the BBC. How did that come about?



Lonely Planet CEO Daniel Houghton at a rooftop bar in New York. THE ASSOCIATED PRESS

We got to meet pretty randomly a couple years before Lonely Planet. I was in the right place at the right time and very fortunate to have that opportunity. We met a few times and he offered me a job.

What were you doing before Lonely Planet?

At the time I was frustrated

with the newspaper industry. I had started my own one-man band, a multimedia company doing everything from shooting pilots of TV shows to commercial work.

Kelley bought the company from the BBC at a fraction of what it had sold for a few years earlier. Is Lonely Planet

profitable now?

We're certainly moving in the right direction. We're proud of what we've achieved and we don't really comment on the rest of it.

Had you travelled the world before Lonely Planet?

I'd been a lot of places but I hadn't been to Asia and I've

never been to Antarctica. Every other continent I had been to a couple of times — a lot of vacations and both my parents worked for the airlines. Until I turned 21, I had a free ticket.

I grew up travelling with the family. My mom's idea of a really fun vacation was, 'Let's go to New Hampshire to see all of the covered bridges in the whole state.' As a 10- or 12-year-old, that's not radically exciting. But it is when you get given a camera: 'Maybe I'll take a picture of every one of them.'

Are there places you haven't been that you want to go?

Last year we had a book called The Ultimate Travel List. We had Angkor Wat at No. 1. I've never been there. I'd love to see that. I'd love to go to Myanmar, Vietnam.

How many countries have you been to?

I'm somewhere north of 35 but not more than 45.

How many states?

I've got one state left. I have not been to Hawaii. Of all the ones, right? THE ASSOCIATED PRESS

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3 PLACES IN HONG KONG TO EXPLORE LIKE A LOCAL

You probably already know the urban areas of Kowloon and Hong Kong Island, but there's much to explore in the New Territories and across Hong Kong's staggering 263 outlying islands. From countryside and wilderness to seaside escapes and urban exploring, here are five things you need to do in the region. **TORSTAR NEWS SERVICE**



TORSTAR NEWS SERVICES PHOTOS

1 Tai O fishing village

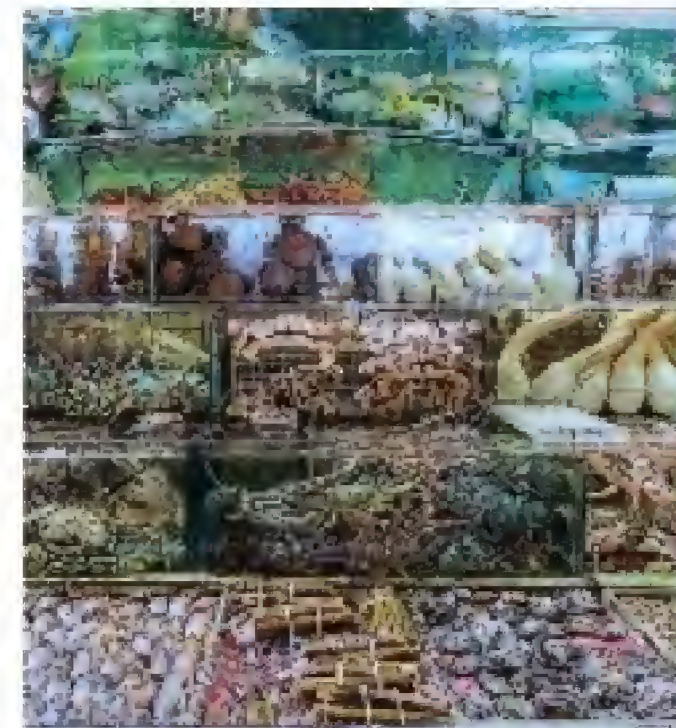
Known as the "Venice of Hong Kong," this historic fishing village is the last of its kind. Participate in a walking tour with Tai O Eco Tour that'll take you through old lanes and alleys, through shrimp paste and dried seafood stores, on a speedboat ride along the coastline to catch a glimpse of the Chinese white dolphins known for their curious pink hue, to a quaint village home where you'll learn how to make salted egg yolks.

Details: tour3g.com



2 Yim Tin Tsai

This small abandoned island has become a favourite among day-tripping locals who are looking for a brief escape to the simplicity of 19th-century rural life. Yim Tin Tsai can be reached via a short boat ride from Sai Kung pier on the weekends. Once home to thousands of people, its prominent features include the UNESCO-awarded and conserved St. Joseph's Chapel and resurrected salt pans. For unbridled serenity, hike past the decaying homes to the breezy mangrove-populated breakwater link to Kau Sai Chau island.



3 Sai Kung

This popular seafood town is often referred to as the "back garden of Hong Kong" and prized for its pristine beaches and hiking trails. Relax along the seaside at one of the dainty bars or cafés dotting the coast, or feast on an array of freshly prepared sea-to-table fish, bivalves and crustaceans.

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Riders' gamble Young must shake off rust

CFL
Former NFL pivot last played in 2011 but has decent record

Years removed from his glory days in the NCAA and NFL, quarterback Vince Young faces an uphill battle trying to resurrect his pro football career with the Saskatchewan Roughriders. The CFL club took a flyer on Young on Thursday, signing the former Texas Longhorns star to a two-year deal (one year plus an option). The 33-year-old spent eight years in the NFL but last played in a regular-season game in 2011 with the Philadelphia Eagles.

"I wouldn't say (this is) a comeback, I'd just say an opportunity," Young said at a news conference in Regina. "I always wanted to play football again but didn't know how it was going to happen. God always works in mysterious ways."

The six-foot-five, 232-pound Young was 30-2 at Texas and in 2005 led the school to an NCAA title. He went in the first round, third overall, of the 2006 NFL draft to the Tennessee Titans and was the league's top rookie and a Pro Bowl selection that season.

Young, a 2005 Heisman Trophy finalist, started 50-of-60 career NFL games and in '09 was its comeback player and earned



Vince Young started 50 out of 60 games during his time in the NFL. MARK TAYLOR/THE CANADIAN PRESS

I wouldn't say (this is) a comeback, I'd just say an opportunity. I always wanted to play football again but didn't know how it was going to happen. Vince Young

his second Pro Bowl nomination. But the Houston native has been out of football since 2014 when he retired after being released by the Cleveland Browns.

Young said he's remained active in retirement, playing flag

football, breaking down game film with Longhorns quarterbacks and coaching his son's youth squad. Young added he started his off-season conditioning program last month.

However, his biggest challenge

isn't simply chipping away the rust. It's trying to do so while venturing into a completely different game.

Canadian football is not only played on a longer, wider field but also features one less down and one more player on the field. And while in the NFL only one offensive player can be moving when the ball is snapped, unlimited motion is allowed in the CFL, sometimes creating organized chaos.

Canadian football is predominately an aerial game requiring pinpoint accuracy from the quarterback. Every CFL starter last year completed at least 65 per cent of his passes and overall league quarterbacks completed 68.3 per cent of the roughly 5,900 passes thrown.

At Texas, Young was a 61.8 per cent passer but sported a 57.9 per cent mark over his NFL career. He threw more interceptions (51) than touchdowns (46) despite posting a 30-17 record as a starter.

"It's certainly a different game," said Chris Jones, Saskatchewan's head coach/GM. "It's going to be a little bit of an adjustment but again we've got mini-camp and (training) camp and I'm fully confident that he can make that adjustment."

Young was a mobile quarterback in the NFL, rushing for 1,459 yards (5.2-yard average) although he lost 12 of 40 fumbles. THE CANADIAN PRESS

CURLING Competition heating up for Brier playoffs

The pre-tournament favourites are playing like contenders this week at the Tim Hortons Brier.

The round-robin has essentially gone as expected at Mile One Centre with top skips like Brad Gushue, Kevin Koe, Mike McEwen and Brad Jacobs setting themselves up nicely for potential week-end play.

Jean-Michel Menard and John Morris were also in the hunt heading into the final two draws.

"I think that's the way Canadian men's curling is," McEwen said. Five rinks had seven wins apiece after Thursday afternoon's draw. The top four teams will advance to the Page playoffs. The near-capacity crowd lent its support to Gushue (7-2), who led Newfoundland and Labrador

to an 8-7 victory over Ontario's Glenn Howard. Gushue drew to the button in the extra end for the win. Both McEwen and Koe were left with 7-2 records after the defending champion topped the Manitoba skip 6-3.

Menard guided his Quebec team to a pair of wins to pull even with Jacobs at 7-3.

Menard beat New Brunswick's Mike Kennedy 9-4 after topping Jamie Koe of the Northwest Territories 8-6 in

the morning. Jacobs, meanwhile, helped Northern Ontario to an 8-5 win over Saskatchewan's Adam Casey (5-5). Morris's British Columbia rink (6-4) kept its playoff hopes alive with a 5-2 win over Alberta's Brendan Bottcher.

THE CANADIAN PRESS


IN BRIEF

Herman starts strong at Valspar Championship
Jim Herman played bogey-free golf en route to a 9-under 62 and a two-shot lead at the Valspar Championship on Thursday in Palm Harbor, Fla.
British Open champion Henrik Stenson and Russell Henley carded scores of 64.
David Hearn of Brantford, Ont., and Adam Hadwin of B.C., both shot 68s to sit in a tie for 11th at 3-under par.
THE ASSOCIATED PRESS

Pens' Sestito gets 4-game ban for boarding Enstrom
Pittsburgh Penguins forward Tom Sestito was suspended for four games without pay by the NHL on Thursday for boarding Winnipeg Jets defenceman Toby Enstrom.
Sestito was assessed a major penalty for checking from behind during the Penguins' 7-4 win in Winnipeg on Wednesday. Enstrom was taken to a hospital and missed the rest of the game.
THE ASSOCIATED PRESS



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Hinchcliffe back to flooring it

MOTORSPORT

Oakville Indy driver kicks off dancing shoes, gets back in car

James Hinchcliffe has hung up his dancing shoes and put his racing helmet back on. It's a much freer feeling than one year ago.

The Oakville, Ont., driver says the upcoming IndyCar season — which begins Sunday with the Grand Prix of St. Petersburg — feels like a clean slate.

Hinchcliffe, who competed on ABC's *Dancing with the Stars* last fall, was riddled with questions entering last year after a near-death experience at the 2015 Indianapolis 500 when his left thigh was pierced by the car's right front rocker following a crash in practice.

"I think going into the start of last season, there was so much talk about the comeback and all the rest of it and it carried through all the way into the month of May just being that's where the accident happened, so the first four, five races of the

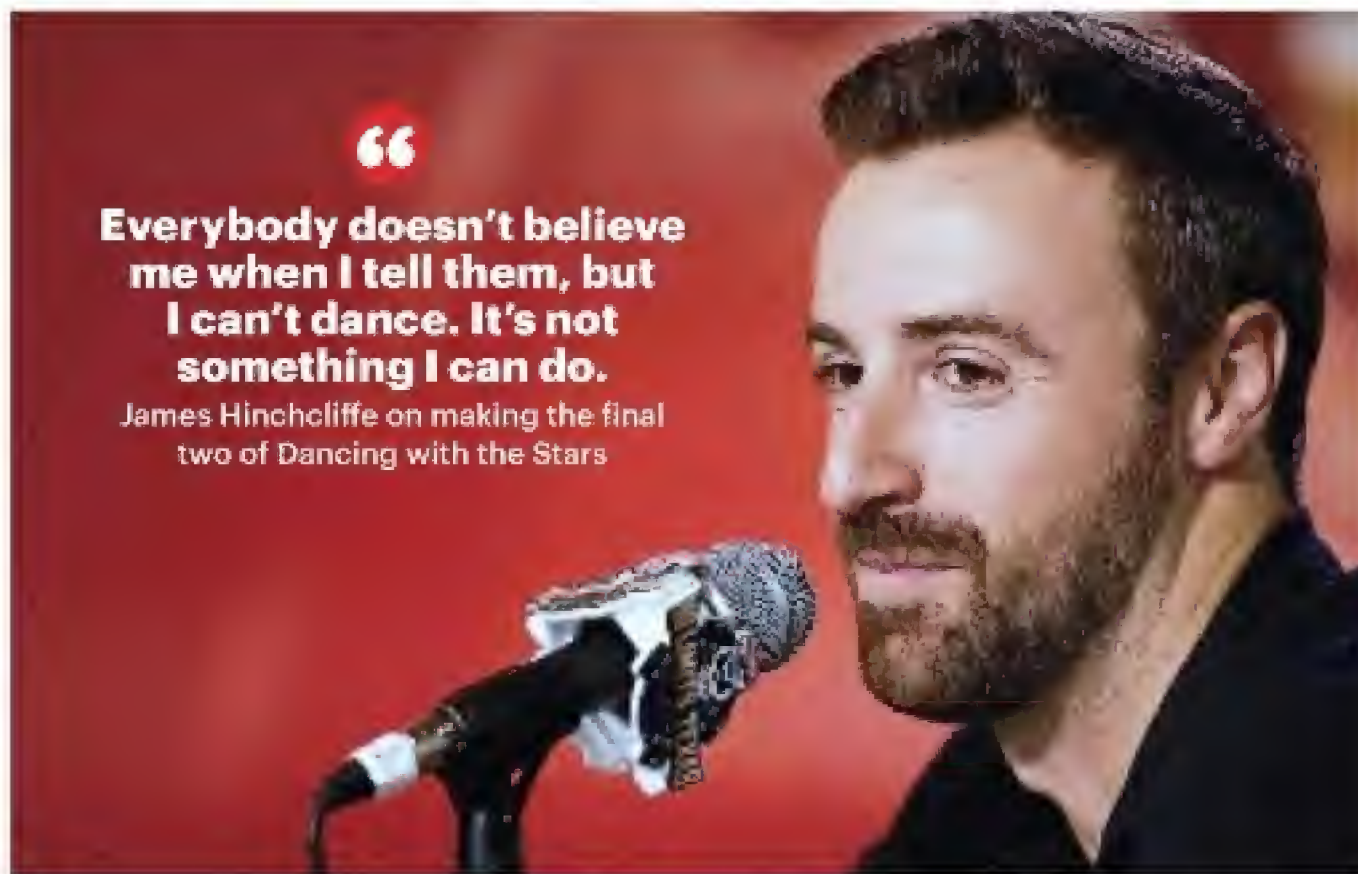
year it was heavy running commentary on it," Hinchcliffe said in a phone interview.

"Now coming into 2017, it's not a story any more, we're so far past it. For me it feels like a much kind of freer start to the season in that sense and everybody's just talking about going racing and not thinking back to what happened a couple months ago."

Hinchcliffe rebounded at the 2016 Indy 500 — IndyCar's premier event — by taking the pole position before finishing the race seventh. He followed up with a third-place finish at his hometown race, the Honda Indy Toronto, before coming second at the Firestone 600 in Texas.

Hinchcliffe said that earning pole position and finishing on the podium in Toronto were "dream come true moments."

"It was great to be on the podium but it made me that much more hungry to win in Toronto," Hinchcliffe said. "I've never had that much luck there and to kind of have a good fortune and put up a good result was huge. I want nothing more than to give everyone back home something to cheer for. That moment in Toronto was very special."



James Hinchcliffe on making the final two of *Dancing with the Stars*

The 30-year-old and partner Sharna Burgess were runners-up on *Dancing with the Stars*. Hinchcliffe said it took lot of convincing to get him on the show, but he has no regrets after finishing second.

"I'm floored we even made it

to that point," Hinchcliffe said. "They put me in a situation where I learned very specific steps to a very specific song and that was it. But if you just put me out in the middle of a dance floor with some random track playing, I'm just gonna go to

the fist pump or the macarena."

IndyCar officials have frozen rule changes for 2017, which Hinchcliffe says will close up the field and make for a competitive year.

"For the first time in three years, we haven't had to be tak-

ing big swings at figuring out how to make this car work," Hinchcliffe said. "We have a season's worth of data to look back on and we look at races where we performed well, and more importantly races where we didn't and try to figure out why."

Last season was dominated by Simon Pagenaud and Team Penske, with the Frenchman winning the IndyCar title ahead of teammates Will Power and Helio Castroneves. Penske added more firepower to its team by signing Josef Newgarden, the 2015 Indy Toronto winner.

"The Penske organization really put a firm beating on us all of last year and we're all very keen to beat back," said Hinchcliffe, whose last IndyCar win came at the 2015 Grand Prix of Louisiana. The Canadian has four career wins including the 2013 race in St. Petersburg, Fla.

"Our street car package, it needs some work. We're not on Penske's level, but nobody is. It's tough. They have more of an advantage on the street courses than anywhere else and that's something that we've obviously put a lot of focus on."

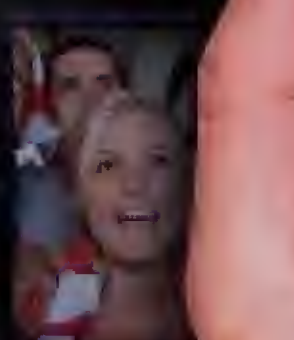
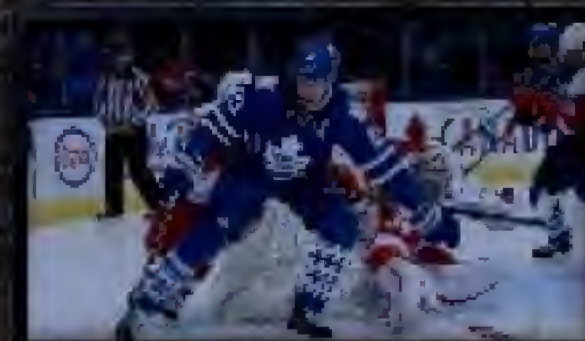
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MAKE IT TONIGHT

Instagram-level Waffled Avocado Grilled Cheese



PHOTO: MAYA VISNEVI

Ceri Marsh & Laura Keogh
For Metro Canada

Raise your grilled cheese game to Instagram levels with this pretty twist on a lazy dinner classic.

Ready in 15 minutes

Prep time: 5 minutes
Cook time: 10 minutes
Serves: 2

Ingredients

- 4 slices of whole grain bread
- butter
- 1/2 avocado
- small handful of fresh cilantro
- salt
- 1/2 cup shaved Monterey Jack cheese

Directions

1. On a cutting board, lay out bread slices. Spread butter on one side of each slice of bread.

2. In a small bowl, mash avocado, cilantro and salt to taste. Spread a heaping tablespoon of avocado mix on two slices of bread and sprinkle with cheese. Add cheese to the other plain slices of bread.

3. Place grilled cheese in waffle maker and cook according to machine's directions for a waffle. Repeat for the second sandwich.

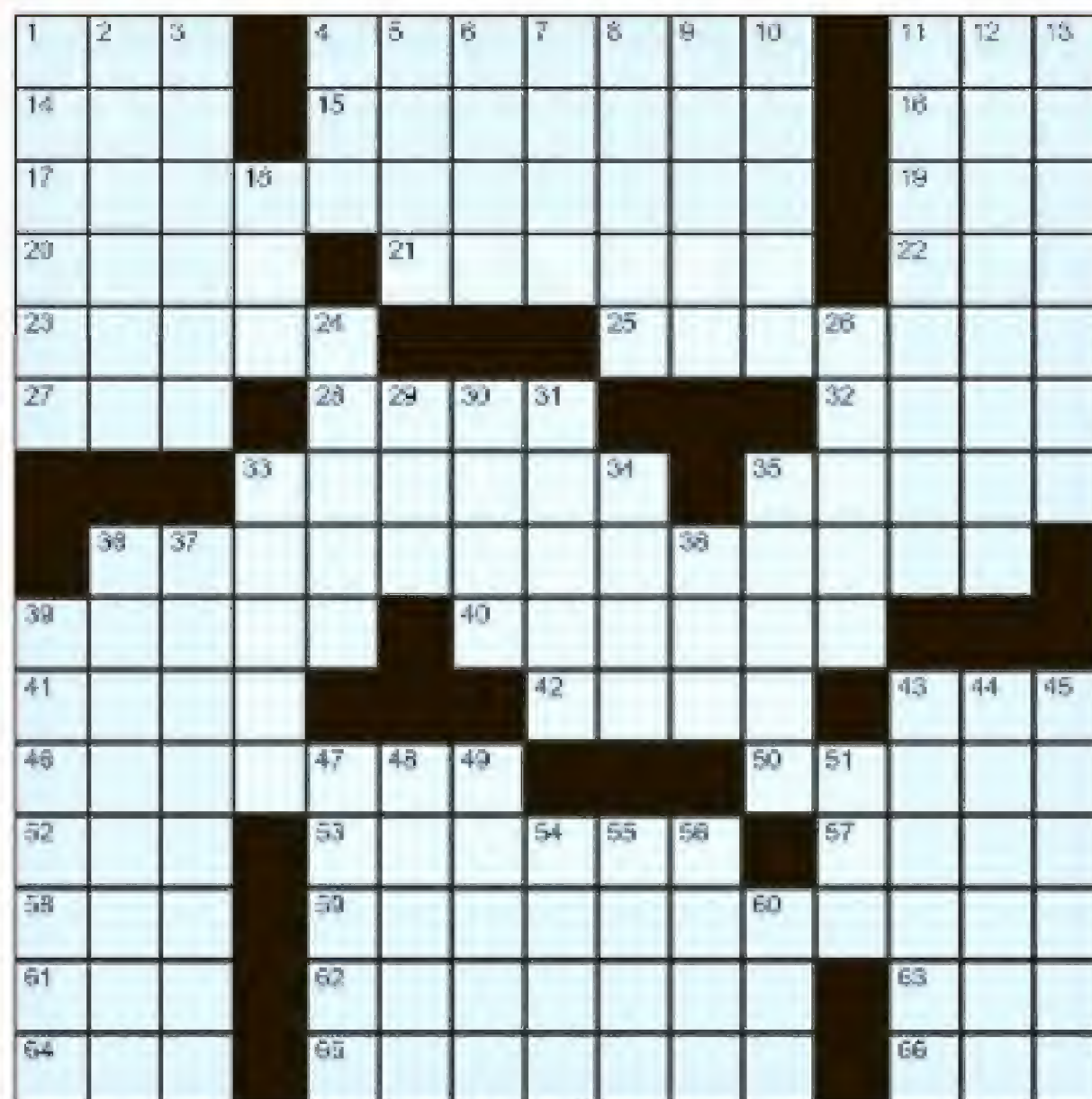
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ACROSS

1. Laughing one's laughs
4. Lose effectiveness as tape on paper
11. Vital life energy
14. Inclined
15. "The Ghost and Mrs. Muir" (1947) actress Gene
16. Tavern drink
17. Northwest Territories town on the Mackenzie River where Imperial Oil has had operations for almost a century: 2 wds.
19. Pixie
20. Happiness
21. Red-tagged in the store: 2 wds.
22. Universal ideal
23. Country singer Mr. Jackson's
25. Doesn't get better
27. CD-__
28. Converse
32. First Nation of Manitoba
33. Virgil epic
35. Earths
36. As per #59-Across, Feist dances along this airport mechanism: 2 wds.
39. "___ Me" by Nickelback
40. Canis Major's bright star
41. Shades
42. Ice floe denizen
43. Gusto
46. Getting-dressed person
50. Tamarack __ (NWT's official tree)
52. UK military fliers
53. Go by, as time



57. Court plea, __ contendere
58. White House nickname
59. Feist song for which the music video is set in an airport: 4 wds.
61. Cost
62. Hopeful human
63. Apple __

64. Craze
65. #63-Across, for one
66. Attempt

DOWN

1. Airplane garage
2. __ Theater (Legendary concert hall in Harlem)

3. Broadcast like Netflix
4. Marathoner
5. "Deep Purple" by __ Tempo & April Stevens
6. Stitched
7. "___ bient!"
8. "Mother-___" by

- Emie K-Doe
9. Stringed instrument
10. 1939: "Three Little Fishies" band-leader Kay
11. Touchstones
12. In a compassionate way
13. Puts upon

18. Fellows
24. Beer mug
26. Flat-bottomed vessels
29. Rock star Ms. Wilson
30. ZZ Top hit
31. Green inside fruits
33. Dispatch boat
34. Delly
35. Cranium's location
36. Hawaiian volcano: 2 wds.
37. Give too many munchies
38. __ Fail (Irish coronation stone)
39. Law enforcer in a Western
43. On time
44. Patisserie item
45. Variantly take
47. Rage: 2 wds.
48. Alex P. Keaton's mother
49. Ground-to-moving-truck aids
51. Unspecified amount
54. Pea, in Montreal
55. Upset
56. Vitality, wee-ly
60. "The A-Team" star: wd. + letter

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You have an agenda, which is why you will work hard during the next six weeks to earn money. Many of you also will be spending it!

Taurus April 21 - May 21
Fiery Mars will be in your sign for the next six weeks, boosting your energy and giving you lots of drive. (Be careful not to blow some people away.)

Gemini May 22 - June 21
You may have to use your sleuthing skills and diplomacy to deal with someone who might not have your best interests at heart. Unfortunately, this lasts for the next six weeks!

Cancer June 22 - July 23
You will be physically active with others, especially in groups, during the next six weeks. Some of you also will be in competition with each other.

Leo July 24 - Aug. 23
Your ambition will be aroused for the next six weeks, which is why you will be keen to pursue certain goals. Count on getting a lot done!

Virgo Aug. 24 - Sept. 23
Travel plans will appeal to you during the next month. In addition, many of you will pursue higher education, schooling or further training during the next six weeks.

Libra Sept. 24 - Oct. 23
You have definite ideas about how you want to handle shared property and debt. However, during the next six weeks, these ideas might put you at odds with someone.

Scorpio Oct. 24 - Nov. 22
You will need to be patient with partners and close friends in the next six weeks, because you might find them to be annoying. This could be so, but you also might just be easily annoyed.

Sagittarius Nov. 23 - Dec. 21
You are gung-ho to work hard in the next six weeks, especially at your job. Naturally, you will produce a lot and get great results.

Capricorn Dec. 22 - Jan. 20
It's playtime during the month ahead! You couldn't pick a better time to go on a vacation. Fingers crossed!

Aquarius Jan. 21 - Feb. 19
(Jan. 20 to Feb. 18)
During the next six weeks, you can expect increased chaos and activity on the home front. This might be due to renovations, visiting guests or something unexpected.

Pisces Feb. 20 - March 20
You will be enthusiastic and energetic in all your communication with others for the next six weeks. This will be handy for those of you who write, sell, act or teach. Use this!

CONCEPTIS SUDOKU by Dave Green

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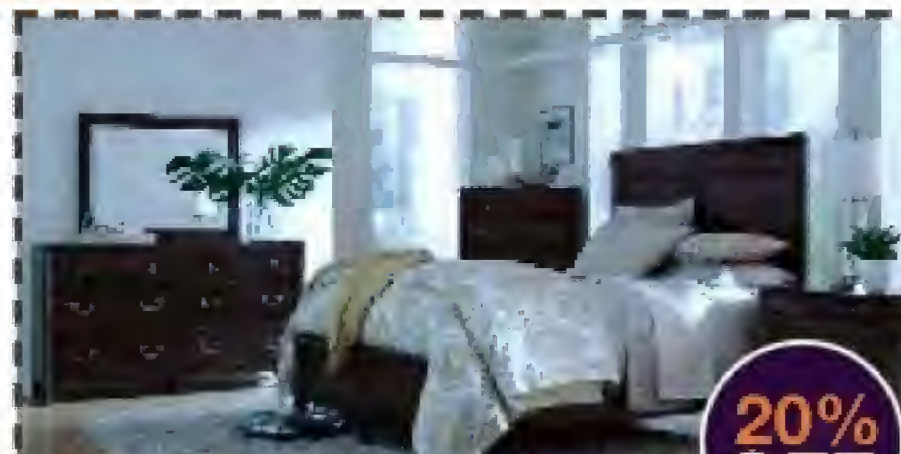
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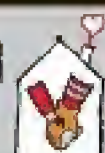
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